Cognitive distortions: spot the trap

Write down one thought that keeps coming back and tick the traps it might hold. One thought can hold two or three; ticking none is fine too.

The thought, in the words your mind uses

Which traps might it contain? Tick any that fit.

☐ **Catastrophizing** ☐ **Mind reading** ☐ **Fortune telling** ☐ **All-or-nothing thinking**
☐ **Overgeneralization** ☐ **Mental filter** ☐ **Discounting the positive** ☐ **Should statements**
☐ **Labeling** ☐ **Emotional reasoning** ☐ **Personalization**

A more balanced version (not a positive spin: what you would say if you stuck to what you know)